

Catch a Falling Star

Top-secret mission 45 years ago changed the playing field

By Al Blankenship
15th Logistics Group

Forty five years ago today a group of Air Force personnel successfully completed a top-secret mission in the race to collect photo reconnaissance information by snagging the ultimate fly ball out over the Pacific Ocean.

The first successful mid-air recovery of a de-orbited film capsule from a United States spy satellite was accomplished Aug. 19, 1960, with the Discovery 14 capsule. It was the 6594th Test Group's first successful mission and their slogan was "Catch a Flying Star."

The group began operations in the fall of 1958 and on that August day a JC-119 flying boxcar aircraft was used to catch the "star" and the crew received the McKay Trophy for the most meritorious aeronautical feat of the year.

For the first mission there were a number of these JC-119 aircraft in the recovery area along with H-21 helicopters, RC-121 aircraft and numerous ships. This was the first time a photo had been taken from space and the first mid-air recovery of an object from space, all part of the Project Corona spy satellite program under the direction of the National Reconnaissance Office. Both the recovered capsule and this JC-119 aircraft reside in the National Museum of the United States Air Force at Wright Patterson Air Force Base, Ohio.

The success of this new Air Force mission resulted in the Test Group receiving 12 new JC-130B Hercules aircraft and six SH-3 helicopters. The helicopters were supported by two modified World War II Liberty Ships equipped with a landing pad and two hangars each. In 1967 the unit also received three JC-130H long-range Hercules planes to support project Senior Bowl (D-21 Drone).



The final aircraft upgrade took place in 1974 when the unit received six CH-53C Super Jolly Green Giant helicopters and three HC-130P Hercules tankers to replace the ships and SH-3's.

The unit had four primary missions during its 27 years and supported many other projects, along with being credited with saving many lives during rescue missions for the Coast Guard. Modified cargo planes were used to make a mid-air recovery (catch) of each capsule as it descended by parachute. Also helicopters and ships were utilized to retrieve a capsule if it had to go in the water. The 6594th Test Group was the only organization in the free world that performed this important mission and the Hawaiian Islands was



the only location for U.S. satellite film capsule recovery.

Because advances in digital video technology pro-

vided reconnaissance data in a timelier manner, the Test Group's mission ended and the unit was decommissioned Sept. 30, 1986.

Above: The 6594th Test Group used the JC-130B "Hercules" to catch the film capsules after the first successful catch was made Aug. 19, 1960, with a JC-119 "Flying Boxcar" (left) from Hickam. The capsule was part of the Corona spy satellite program. Bottom left: A JC-130B snags the canopy of a falling capsule out over the Pacific Ocean. Nearly 200 capsules were retrieved or caught by the test group during its 27 year history.

Photos & artwork courtesy of Al Blankenship

During the year of Test Group operations 40,000 aerial recoveries were completed, nearly 200 film capsules ranging in cost from 7 to 250 million dollars each were retrieved, dozens of high altitude missile and balloon tests were supported, and more than sixty people were rescued at sea.

The base library will host three "Catch a Falling Star," presentations with slides; parachutes, hooks, etc; and video Sept. 15 (two presentations) and Sept. 17 (one presentation).

Author Bio

Al Blankenship was assigned to the 6594th Test Group from December 1969 until it closed in September 1986. His first job for three years was as an airborne telemetry operator and maintainer on the JC-130 Hercules aircraft. In 1972 when the Delta mission (large capsule) started, Mr. Blankenship began a seven-year stint maintaining the electronic and electrical equipment used for aerial and surface recovery on both the JC-130 and CH-53C aircraft.

In 1979, he moved to the Test Engineering Division as the Non-Commissioned Officer in Charge of flight-testing improvements to in-use equipment; and new equipment for both aerial and surface recovery. When the Test Group closed in 1986 Mr. Blankenship was instrumental in preparing the audio-visual presentations for both the Officer and Enlisted Aloha Parties. Since 1987, he has given this presentation hundreds of times, resulting in thousands of people, from elementary school students, to aerospace engineers, to Boy Scouts, intermediate and high school classes, and many others, learning about Hawaii's role in the Corona Project Recovery. In November 1997 he did this presentation on the local one-hour PBS program, "Kidscience Special."

Next week

The first half of the 6594th Test Group's history saw many new aerospace challenges and this unit was assigned to recover the top secret, unmanned, supersonic D-21 aircraft camera.

Summer Sizzler: A backyard killer on the loose

By Gaylen Redoble
15th Airlift Wing

If I told you that every year for the past several years a killer has taken several lives and crime-fighting authorities are powerless to prevent it, would you be outraged? Would you insist on a nationwide manhunt? Wouldn't you want to protect yourself and your loved ones against this type of horror?

The profile for this person is always the same: attacks at home, usually in the backyard, carries long instruments – sometimes sharp and is dressed like a cook. Are you surprised to learn this person may be you – the grill chef?

It is sad but true that the ever-popular backyard summer barbecue, which is a central focus of

most of our warm-weather social activities, sometimes ends abruptly in tragic circumstances. But the cause is no mystery. Fatalities usually stem from two categories: fire or explosion and food poisoning. The larger question is what can you do to prevent this from happening to you?

With the widespread use of propane gas grills, the most common barbecue fatality (average 30 per year) results from a fire or an explosion. Inattention to proper procedures for grill maintenance or attaching the propane tank causes blockages or leaks to form pockets of highly flammable gas. Coupled with the immediate presence of fire, the gas flashes suddenly with catastrophic consequences.

Less common (average 8 per

year), but equally fatal, is food poisoning due to improper preparation or storage. Raw food, thawing food, and marinades must all be handled properly to prevent bacteria from developing or spreading.

Carefully read up on all your food ingredients/requirements and equipment procedures before you launch your neighborhood fest. If you're using something that has no FDA-approved label or brochure for precautions, your goose may be cooked before you fire up the grill.

For more information, type "grill safety" in your Web browser and get ready to choose from over 93,000 Web pages. There is no excuse for being under-informed. Be aware and be prepared. Don't let your summer end with a bang.



Photo by Senior Airman Sarah Kinsman

Always know the safe procedure for lighting a grill, whether gas or charcoal, as they can cause serious burns or be fatal.

AT THE MOVIES

Memorial Theater 449-2239 • CLOSED Monday and Tuesday

Friday and Saturday 7 p.m.

FANTASTIC FOUR – When an experimental space voyage goes awry, four people are changed by cosmic rays. Reed, inventor and leader of the group gains the ability to stretch his body and takes the name, Mr. Fantastic. His girlfriend Sue, gains the ability to turn invisible and create force fields, calling herself the Invisible Woman. Her younger brother Johnny gains the ability to control fire, including covering his own body with flame, becoming the Human Torch. Pilot Ben is turned into a super-strong rock creature calling himself Thing. Together, they use their unique powers to explore the strange aspect to the world and to foil the evil plans of Doctor Doom. Starring Ioan Gruffudd and Jessica Alba. Rated PG-13 – sequence of intense action and some suggestive content.

Sunday 7 p.m.

THE ISLAND – Lincoln is a resident of a seemingly utopian but contained facility in the mid 21st century. Like all of the inhabitants of this carefully controlled environment, Lincoln hopes to be chosen to go to “The Island”- reportedly the last uncontaminated spot on the planet. But, Lincoln soon discovers that everything about his existence is a lie. He and all of the other inhabitants of the facility are actually human clones whose only purpose is to provide “spare parts” for their original human counterparts. Starring Ewan McGregor and Scarlett Johansson. Rated PG-13 – intense sequences of violence and action, some sexuality and language.

Thursday 7 p.m.

HIGH TENSION – Two worlds collide disastrously - a rusted delivery van barrels through comfields; meanwhile, Alex has brought her friend Marie to spend the weekend at her parent's country farmhouse to escape the hectic pace of Paris. Behind the van's wheel, the driver caresses ripped photos of young women; at the same time the girls get ready for bed dishing girly gossip. At the end of the road lies an isolated house, caught in the van's headlights; as the girls close their eyes, an intruder is about to turn their innocent dreams into a relentless and bloody nightmare. Starring Cecile de France and Maiwenn Le Besco. Rated R – graphic bloody killing, terror, sexual content and language.

Crossword Puzzle: Air Force Pioneers of the ’50s

By Capt. Tony Wickman
Alaskan Command PA

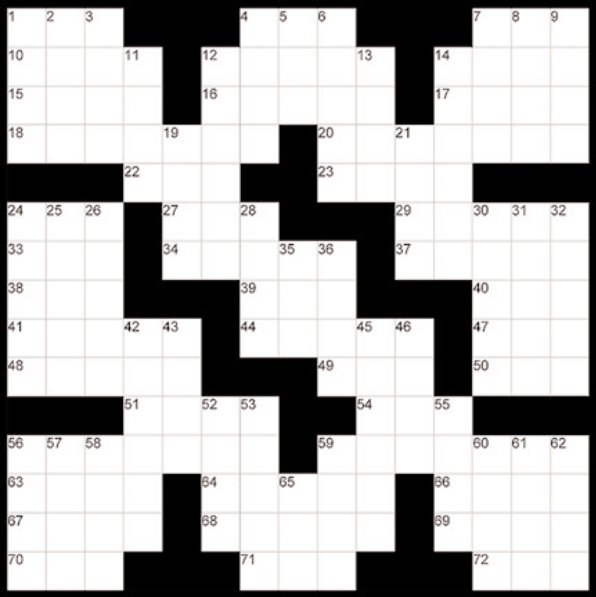
ACROSS

- 1. Prosciutto source
- 4. Female fried
- 7. Hawaiian acacia with flowers
- 10. Ellipse
- 12. Benefactor
- 14. In falconry, short strap fastened around the leg of a hawk
- 15. Aerobics
- 16. To put on (a piece of clothing)
- 17. Hurts
- 18. USAF pioneer Gen. Nathan ____; 1st AF CJCS
- 20. Type of psych test
- 22. Obtained
- 23. The soybean
- 24. Army police officers, in short
- 27. Blob
- 29. Describing a roughly bounded part of the space on a surface
- 33. Dine
- 34. Excuse
- 37. Drum
- 38. Accountant, in short
- 39. ____ an engine
- 40. Make an offer
- 41. Bay of Naples isle
- 44. Foe
- 47. First lady
- 48. Social outcast
- 49. Identify maiden name
- 50. Lair
- 51. Collegiate athletics governing body

- 54. Mil. pay during PCS
- 56. USAF pioneer Gen. ____ Schriever; AF “father of space/missiles”
- 59. USAF pioneer Harold ____; 3rd SECAF
- 63. Ontario neighbor
- 64. Chaplin movie ____ Strange Predicament (1914)
- 66. Actress Falco of The Sopranos
- 67. Canter
- 68. Bridges
- 69. Dial or touch
- 70. Concord plane, in short
- 71. Explosive combo
- 72. Dashed

DOWN

- 1. AF pioneer Gen. ____ Vandenberg; 2nd CSAF
- 2. Declare
- 3. Warlock
- 4. The ____ Show
- 5. Conjunction
- 6. USAF hero Maj. ____ Seville; 1st USAF MoH recipient
- 7. USAF pioneer Capt. Lillian Kinkel ____; flight nurse / decorated vet
- 8. Scandinavian capital
- 9. Helper, in short
- 11. Singer k.d.
- 12. Type of records
- 13. Nevada town
- 14. USAF hero Lt Col James ____; first jet ace
- 19. Midwestern state
- 21. Burmese currency
- 24. Islamic holy site



- 25. Dads
- 26. USAF Pioneer Col. John ____; G-forces scientist
- 28. Ominous
- 30. Dwindled
- 31. Existing
- 32. Weighed down with a load
- 35. ____ Nevis; highest mountain of Great Britain
- 36. USAF pioneer Capt. ____ Kincheloe; America's “first spaceman”
- 42. Milk curdling
- 43. Ancient Peruvian empire
- 45. Achievement,
- 46. Commendation, Good Conduct, etc.
- 46. Scream
- 52. Coat-of-____
- 53. Fit in
- 55. Assist
- 56. Wagers
- 57. Mistakes
- 58. Mob rule
- 59. Camping need
- 60. Smell
- 61. Singer Turner
- 62. Youth
- 65. Prohibit

See SOLUTION, B4

Family support center offers classes in September

To register for any of these functions, call 449-0300

Sponsorship training – Sept. 1 from 9 to 10:30 a.m. As the unit's ambassador, make the relocation to Hawaii a very positive experience. Let the FSC staff help by giving sponsors a one-stop shop for the necessary tools and resources needed to be successful

Hickam play group – Tuesday-Friday sessions, Sep. 1-29, from 9 to 11 a.m. at the Youth Center skating rink. Parents and children ages 0-5 are invited to join our early childhood specialist for age-appropriate educational and recreational activities. No registration required.

Looking for employment in Hawaii – Sept. 6 and 27 from 9:30 a.m. to 11 a.m. Explore local employment trends, be informed on employment and education resources, register to use the joint employment man-

agement system computerized job bank, and learn how to maximize a job search via the Internet.

Money management – Sept. 6 and 27 from 1 to 3 p.m. This “hands-on” class focuses on hot money issues such as budgeting and debt management principles and applications.

Savings and investing – Sept. 8 from 9 to 11 a.m. Explore the basics of saving and investing for both short-term and long-term goals through an overview of stocks, bonds, and mutual funds.

Volunteer orientation – Sept. 8 and 22 from 10:30 to 11:30 a.m. at the American Red Cross, Pearl Harbor, building 1514. Learn about the many volunteer opportunities within the 15th Airlift Wing, Pacific Air Force, or tenant agencies. Schedule attendance through the American Red Cross at 449-0166.

Redeployment briefing – Sept. 9 and 23 from 2 to 4:30 p.m.

People who recently returned from a contingency or deployment of 30 days or more, should plan to attend this briefing. The Hickam Community Action Team will provide essential briefings and literature to returning personnel.

Family readiness briefing – Sept. 12, 19, and 26 from 1 to 2 p.m. All active duty, civilian, and family members facing the possibility of a deployment or remote assignment are encouraged to attend.

Transition assistance program 3-day workshop – Sept. 13 to 15 from 8 a.m. to 4 p.m.; Sept. 16 from 8 a.m. to noon. Join us for a smooth and successful move to a second career or to retirement. Instructors from various agencies will provide information and training on the job search and other critical elements of the transition process.

Joint employment manage-

ment system job fair – Sept. 13 from 11 a.m. to 3 p.m. at Club Pearl, Pearl Harbor. JEMS will sponsor its annual job fair for all military ID card holders. Hawaii and mainland companies and government agencies will be recruiting for positions within their organizations.

Resume writing I – Sept. 20 from 9 to 11 a.m. This class will provide people with the necessary tools to make their resume competitive in today's job market.

What to expect when you're expecting – Sept. 21 from 5 to 7:30 p.m. Join the FSC staff for an expectant parent's workshop preparing new parents for all aspects of having a baby.

Mutual funds – Sept. 22 from 1 to 3 p.m. This in-depth discussion on mutual funds will provide attendees with information that will aid them in making informed choices. Learn mutual fund terms every investor should know and

how to read a prospectus.

CIA informational briefing – Sept. 27 from 11:30 a.m. to 12:30 p.m. A senior technical officer will be conducting an information session on engineering science and technology opportunities at the CIA.


Resume writing II – Sept. 28 from 9 to 11 a.m. People will have the opportunity to have a draft resume reviewed by other participants and FSC staff members. Resume I, TAP workshop, or equivalent training is required prior to attending this class.

Deployed/remote-tour families' dinner – Sept. 28 from 5 to 7 p.m. Deployed spouses/remote-tour families are invited to a dinner at the Hale Aina dining facility.

Smooth move – Sept. 29 from 9 to 11 a.m. Subject matter experts will update people on the latest policy changes that may impact their move.

1st Lt. Jeff Baumgart

15th Mission Support Squadron



Master Sgt. Dean Wajda

15th Maintenance Group

The 15th MSS rocks because: We take care of Hickam and the Air Force’s # 1 resource ... the people!


My job affects all of Hickam in that: Everyone is affected by deployments; you are either going down-range or taking up the slack for someone who is. We help prepare troops who are deploying on Air Expeditionary Force rotations and the Joint Chiefs of Staff exercises. The better we can prepare a troop, the lower their stress can be, carrying over into their work center and home life.

When not at work, I spend my off duty time: With my family doing fun things such as church, beach going, swimming, movies, playing games and sports, and shopping. I also like to work out and watch ultimate fighting and wrestling.

Something people don’t know about your unit: We service 147 on-base units and 70 geographically separated units throughout the Pacific theater, along with the Hickam civilian and dependent community.

If I could change one thing about Hickam, it would be: An alternate work schedule of 11 hour days (Monday through Thursday) and Fridays off. This would allow for more communication time with other time zone agencies and more time off to enjoy Hawaii.

What his supervisor says: Lt. Baumgart goes above and beyond each and every day. He is in charge of personnel readiness for every Air Force person stationed in the state of Hawaii. In addition to this huge task, he is also a husband and a father of three. He mentors children around the base, coaching soccer and wrestling. Somehow, he manages to accomplish all of these things and still maintain his sanity ... a huge accomplishment



Capt. Nicholl Dial
Military Personnel Flight commander

The 15th Maintenance Group rocks because: The professionalism. I am surrounded by people who know their jobs and they do it very well.

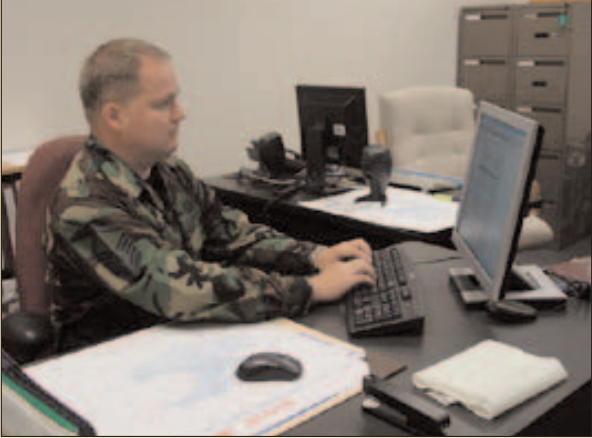
My job affects all of Hickam in that: Our unit is preparing for the arrival of new C-17 aircraft being permanently assigned to Hickam AFB.

When not at work, I spend my off duty time: Relaxing with my family (going to the movie theater, shopping, bicycle riding, etc...)

Something people don’t know about the your unit: The association with the Hawaii Air National Guard. We will be maintaining the C-17 aircraft together, side by side.

If I could change one thing about Hickam, it would be: Reduce or eliminate reserved parking spaces at the Commissary and Base Exchange. A majority of them sit empty serving no real purpose

What his supervisor says: He’s taken an entire maintenance crew workload and managed it flawlessly.



Chief Master Sgt. Richard Montecalvo
Maintenance Crew Superintendent

SOLUTIONS, From B2

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CHAPEL				
<i>Editor's note: For more information on Base Chapel services or for prayer requests call the Chapel Center at 449-1754 or Nelles Chapel at 449-6562.</i>				
PROTESTANT	JEWISH	CATHOLIC	ISLAMIC	BUDDHIST
Nelles Chapel	Aloha Jewish Chapel,	Nelles Chapel	Friday Congregational	Honpa Hongwanji Hawaii
Sunday Contemporary	Pearl Harbor	Weekday Mass	Service	Betsuin A Shin
Service 8:30 a.m.	473-0050	11:30 a.m.	(1935 Aleo Place,	Buddhist Temple
Sunday Gospel Worship	Jewish Lay Leader	Saturday Confessions	Punahou)	536-7044
11:15 a.m.	Mr. David Bender	4:15 p.m.	1 p.m.	
Sunday Praise Gathering	527-5877	Saturday Mass 5 p.m.	Muslim Association	ORTHODOX
5:30 p.m.	Naval Station Chapel	Chapel Center	of Hawaii	For more information,
Chapel Center	473-3971	Sunday Mass 10 a.m.	947-6263	call 438-6687
Sunday Traditional				
8:30 a.m.				

Sports Shorts

Diamond Head officials

The association is looking for flag football referees for the upcoming intramural flag football season.

No experience required as training will be provided before the season starts. Please contact Darren Jones at 448-1683 if interested.

Youth football and cheerleading registration

All participants need a current physical (within 1 year) and birth certificate.

Cost is \$50 for football and \$65 for cheerleading. Participants eligible are birth years 1989 to 2000. Practice begins Sept. 5. Coaches training will be held at the Community Center Aug. 27 at 9 a.m. Parents Meeting at Kidsports Aug. 29 at 6 p.m. Volunteer coaches are needed for both, contact Youth Sports 448-4492 if interested.

Youth baseball registration

Fall Baseball registration is going on and runs through today. Participants need current physical (within 1 year) and birth certificate. Eligible are birth years 1989 to 2000. Fee is \$50 per player.

Practice will begin Sept. 5, and the season will run from Oct. 1 to Nov. 30. Coaches are needed for fall baseball, football and cheerleading.

Golf tournament

The Pacific Air Forces Regional Supply Squadron is hosting a golf tournament today. Cost includes green fees, cart and prizes. E-1 through E-4 and GS-1 through GS-3, \$30. E-5 through O-3 and GS-4 through GS-8, \$40. O-4 and above, civilians and other DOD members, \$45.

To sign up, send an email to brian.townsend@hickam.af.mil or toney.richey@hickam.af.mil.

For more information call 449-7777 or 449-7781.

Running club

Hickam Fitness and Sports Center is recruiting runners of all levels to begin a running club. Advanced participants are needed as volunteers, but all levels are welcome.

Monthly discussions will occur including speed work, race etiquette, massage, nutrition, yoga for runners and more.

For more information, contact Susanne Dale at 449-1044.

Hickam Swim Team

The Hickam Hurricanes program is dedicated to providing children an all-around competitive swimming program.

For more information, check out the Hickam Hurricanes' Web site at <http://www.hickamhurricanes.com/>.

JPAC engages in Zodiac PT

By 1st Lt. Jim Ivie
JPAC Public Affairs

More than 20 Airmen, Soldiers, Sailors and Marines from the Joint POW/MIA Accounting Command participated in a demanding physical training session Aug. 12 at Hickam Beach designed to give the team members familiarity with Zodiac boats.

Members of Fort Shafter's 7th Engineer Dive Detachment led the team through a grueling regimen that included swimming, paddling and capsizing the boats as well as running, push-ups, overhead presses and squats with the boats in exercises designed to train JPAC members for underwater recovery and investigation missions.

"During recoveries we are many times in and around water so we need to keep our teams up-to-date with swimming and keep them familiar with the Zodiac boats," said Army Sgt. 1st Class Kenneth Slankard, JPAC J-3 Teams NCOIC. "We also need to help our non-swimmers become more familiar with the water and of course it helps with team building."

Air Force Staff Sgt. Sirot Martin, a JPAC Lao Linguist, was looking forward to PT in the water. "This will give us familiarity with working in the water and with the boats and carrying things in the water. We'll see how the body can handle it," he said. During the session, the members competed as three teams of eight, each with their own Zodiac. They conducted races by swimming the boats out to the buoys off Hickam Beach, jumping in the boats and paddling them back to the beach. They also raced the boats by paddling from Hickam Beach to Honeymoon Beach, where 7th Dive trainers led them in strength building exercises with the boats.

The teams then ran with the boats on their shoulders from Honeymoon Beach all the way around the softball field and down the road back to Hickam Beach, where they paddled the Zodiacs out and around



Photo by Staff Sgt. Derrick Goode
Staff Sgt. Sirot Martin, rinses and cools off in the shower after the workout.

the other boats docked in Hickam Harbor. The final exercise was to capsize the boats and then flip them back over and get all members back inside.

By the end, most team members were exhausted, not to mention soaking wet and covered with sand.

"This certainly helped people realize the importance of teamwork because everyone really had to pull their own weight out there," said Marine Capt. Jason Kendall, JPAC J-3 Plans Officer. "I had a good time and I am looking forward to doing it again."

It was important that the team members not only get a good workout, but also gain familiarity with the boats, Sergeant Slankard said. "We tailored the ses-



Photo by Army Sgt. 1st Class Robert Hyatt

Above: Army Sergeant Luis Heredia pulls Sergeant Jasmany Padin onto the boat during a drill to right a capsized boat during Zodiac training at Hickam Harbor Aug. 12. The two sergeants are mortuary affairs NCOs for the Joint POW/MIA Accounting Command.

Top: Service members from the Joint POW/MIA Accounting Command, and the U.S. Army Salvage Dive Unit, Fort Shafter, participate in Zodiac PT out in the harbor.

sion so that we would be with the boats the whole time."

"This is fun PT. It builds camaraderie and is a break from the routine – almost like a sports day," said Army 1st Sgt. Rodney

Heikkinen, 7th Engineer Detachment First Sergeant, "But that is definitely a long lap, running that far with the boats between the beaches."

JPAC is a jointly manned unit with Airmen, Soldiers,

Sailors, Marines and Department of the Navy civilians, whose mission is to achieve the fullest possible accounting of all Americans missing as a result of our nation's previous conflicts.

Fit to fight



Far left: Jay Ramirez bench presses at the Hickam Air Force Base gym. Left: Valerie Noel of the 324th Intelligence Squadron works out on the elliptical machine. The gym is open Monday through Friday from 5 a.m. to 11 p.m. On Saturdays, they're open from 7 a.m. to 8 p.m. And on Sundays, their hours of operation are from 9 a.m. to 6 p.m. For more information about the Hickam fitness center, contact the customer service desk at 449-1044.

Photos by Christina Failma

Few simple exercise steps keep force fit, mission-ready, flexible

By Senior Airman
LuCelia Nagel
96th Air Base Wing Public
Affairs

EGLIN AIR FORCE BASE, Fla. (AFPN) – With the inception of the Air Force Fit to Fight program, Airmen had to adjust to a regular regimen of running, sit-ups, push-ups and other physical activities.

Some Airmen experienced injuries while adjusting to the new standards, resulting in a need to see a physical therapist.

“We saw a lot of knee, back and shoulder injuries at first,” said Capt. Bryan Bonzo, a 96th Surgical Operations Squadron physical therapist here who was stationed at Shaw Air Force Base, S.C., when the fitness program was introduced about two years ago.

Those injuries, he said, resulted mainly from the running portion of the new fitness program. The captain attributed the injuries to Airmen’s age and lack of physical fitness.



Photo by Senior Airman LuCelia Nagel

Sean Capik demonstrates the proper form for a quadriceps stretch. Physical therapists advise Airmen to stretch before and after exercise to prevent injuries caused by running and other activity.

“The majority of the people who came in for treatment were in the 35- to 45-year-old age bracket,”

Captain Bonzo said. “As people mature, their joints get stiffer, and many people suffered inflammation due to the impact of their feet against the ground. And younger folks just heal more quickly, so we don’t see them as often.”

In addition, the captain said the fitness level for many was not high because Airmen were not running as much when the program began.

The good news is these types of injuries can be easily prevented, Captain Bonzo said. All it takes is a few simple steps.

First, he said, a warm-up should be performed before beginning an exercise. Simple things such as a five-minute brisk walk, running in place or jumping jacks will allow the muscles to warm slowly, decreasing the chance for an injury.

“A warm muscle will perform better than a cold one,” he said.

Next, people should work on their flexibility by

stretching the muscles. This loosens the muscles slightly and takes the pressure off the joints.

“This allows the joints to move properly,” he said.

Regular stretching also changes tissue, making muscles longer and stronger over time.

“Sometimes it’s not about flexibility, just weak muscles,” he said.

It is important to note that the warm-up exercise should be performed before stretching, he said, because it does not help to stretch a cold muscle.

A cool-down should take place after the exercise, which lowers the intensity of the exercise to allow the heart to slow down and the muscles to calm.

The last part of injury prevention is to stretch afterward.

“People should stretch at least once a day, even if not exercising, to maintain their flexibility,” Captain Bonzo said. *(Courtesy of Air Force Materiel Command News Service)*

Team Hickam History: The Air Force’s most historic airfield

Aug. 19, 1933 – President Dwight D. Waimanalo Military Reservation was redesignated as Bellows Field in honor of 2nd Lt. Franklin B. Bellows, 50th Aero Squadron. Lt. Bellows was awarded the Distinguished Service Cross for extraordinary heroism in action near St. Mihiel, France. He was killed Sept. 13, 1918 while performing a reconnaissance mission.



Aug. 21, 1939 – The Fire Station and Guardhouse building (original building No. 25) is completed at Hickam Field, at a cost of \$59,362.10, with a stated capacity of “4 trucks, 36 men, and 33 prisoners.”

Aug. 21, 1959 – Hawai’i was admitted as the 50th state of the United States of America on August 21, 1959 by proclamation of

President Dwight D. Eisenhower. In anticipation, the Hawaii Air National Guard had four pilots standing by at Honolulu Airport. When the official proclamation was delivered, the HIANG pilots scrambled to their waiting F-86Ls and delivered the documents to the mayors of neighboring islands.

Aug. 19, 1960 – Flying a specially-modified C-119, the 6594th Test Group made the first successful mid-air catch of a DISCOVERER satellite capsule. Based at Hickam since 1958, the test group's satellite capsule recoveries made national headlines during the last half of 1960. They were part of the classified CORONA project, America's first operational space reconnaissance project. History and images from the CORONA project were declassified in 1995 and are available at the National Reconnaissance Office at <http://www.nro.gov/corona/facts.html>.